



FLIGHT MEDIC COURSE

I would like to welcome you to Fort Rucker on behalf of the Dean of the U.S. Army School of Aviation Medicine (USASAM). Congratulations on being selected to attend the Army Flight Medic Course. This course is unique to military medicine and should prove to be an exciting educational opportunity. You will find the four weeks to be intense and demanding, encompassing a variety of topics from BTLS, ACLS, PEPP (Prehospital Emergency Pediatric Program), and aerospace physiology to aerodynamics and helicopter emergency procedures. The course includes down proofing, hoist tower day and night vision goggle (NVG) performance, day flights as well as NVG flights. You will experience the altitude chamber, STX (situational training exercises), and the hands on experience with the state of the art aircraft and human patient simulators.

ARRIVAL AT DOTHAN AIRPORT: Once you arrive at the airport, you can take a cab to Ft Rucker billeting. Request a receipt from the cab driver so you can claim this in your travel claim.

ARRIVAL AT BEQ (Billeting): A large storyboard will be present to welcome all students. At the reception area there is a three ring binder with class information, please review the binder.

WELCOME: At 1800 on the day prior to the first day of class, there will be a meeting to welcome you to FT. Rucker in the lobby of billeting. This will be an informal greeting to give you a course overview, and directions to USASAM.

INPROCESSING: Report in PT Uniform to the School of Aviation Medicine (The Aeromedical Center), Building 301, Room X-112, on the first day of class at 0530. **DO NOT REPORT TO THE SOLDIERS SERVICE CENTER, BLDG 5700.**

WEIGHT CONTROL AND PHYSICAL FITNESS: Students will be administered a diagnostic PT test, and a weigh-in prior to the start of the course. Students not meeting the screening table weight will undergo a tape test. Students exceeding the screening table weight and allowable body fat percentage will be eliminated from the course. The class will participate in PT as a class. Each class member will be present for all PT sessions. Fort Rucker policy mandates all service members participating in unit physical fitness training will wear the Army PT uniform, to include running shoes and white socks. During the fall and winter months, bring the Army sweat suit, including a black watch cap and black leather gloves.

FINANCE: Fort Rucker Finance and Accounting Office (FAO) will not service active duty personnel TDY and return or TDY enroute. **Personnel desiring advance travel pay or a government credit card must obtain it from their home station FAO prior to departure. You will be billeted in the Post BEQ, at a cost of \$30.00 per night. Your bill for billeting *MUST* be paid in full by government credit card when you check in.**

GOVERNMENT CREDIT CARDS: As of 31 Dec 99, Public Law 105-264 mandates the USE of the Government Travel Card to pay for all official Government travel expenses, which are incurred by DoD personnel (excluding airline tickets). Using non-government credit cards to pay for official Government travel expenses, **BYPASSES** the contract carrier retained to perform these services. Individuals, who continue to do so after 31 Dec 99, will be in direct violation of Public Law 105-264. All DOD Military and Civilian personnel who perform **ANY** official government travel should contact your local government travel card Agency Program Coordinator to complete an application. **If you do not have a government credit card you must get one before you leave your unit.**

HOUSING: Billeting reservations in the post BEQ (Bldg. 308) located on Fort Rucker have been made by the course NCOIC. Your reservation is from the day prior to the start of class through the day of graduation. Your reservation number will be given to you as soon as you contact the course NCOIC. If you have any problems with billeting once you arrive, call course NCOIC. When you check in the BEQ, you will see a binder, inside there is a handout with a copy of this welcome letter and a map of the area, insure that you know where to report.

PORT CALLS: If you are enroute to an overseas assignment you must have port call before leaving your losing installation. Regulation states that "Port Calls will be given by TDY site if soldier attends a school for 30 days or longer" The Flight Medic Course is **NOT** 30 days long, so make sure that you have a port call before coming to the course.

MEALS: Lyster Army hospital has a dining facility for your use. All students receive a meal card that allows them to eat in the hospital dining facility during the course. During dinner each evening, weekends and holidays, you will use the 1/145th dinning facility located in building 5419. All students that are on a TDY status will be required to terminate their "separate rations for meals" while attending the course.

DOCUMENTS: Bring the following items on the checklist:

- ___ **10 copies** of TDY orders
- ___ Medical Record and Dental Records with Panorex/or a copy of your Panorex if you are TDY Enroute. A memo randum for record from your dental clinic stating that a panorex is on file is acceptable only for those TDY and return.
- ___ **CURRENT** class III physical ORIGINAL DOCUMENTS (must not expire during course)
- ___ **CURRENT** BLS (CPR Card) card, EMT-B (National Registry) and must not expire before or during the course.
- ___ DA Forms 2A, 2-1. Have copies made for in-processing.
- ___ DA Form 4036R (Medical and Dental Preparation for Overseas Movement) if you are PCSing overseas
- ___ Copy of DA Form 705 (APFT Card)
- ___ Original SGLI and DD93 if you are TDY Enroute and a copy of you r SGLI and DD93 if you r are TDY and return.

ATTACHMENT: **Students are attached to the United States Army Aeromedical Center (USAAMC) for the purpose of rations, quarters, administration, and UCMJ for the duration of the course. Students who are on PCS orders for overseas need to ensure they have their tickets or port call prior to departing their present duty station.**

STUDENT TRAINING: Training schedules, student handouts, and books are issued during in-processing. The course has a physical training program. Be prepared to run. The schedule allows for little free time during normal duty hours. Students should conduct personal business during off-duty hours. *It is important that all personal affairs be completed prior to arrival. Students will not be excused from scheduled activities in order to conduct or complete personal business.* Fort Rucker is a large post in rural Alabama within 90 minutes of the Florida Coast. Due to the attractions in the local area, many students have elected to bring their POV. You are also reminded that if you choose to bring your POV, you will not be authorized in-and-around mileage while attending the Flight Medic course.

APPEARANCE: Fort Rucker is a training post where strict adherence to standards of military courtesy and appearance is the norm. The standards prescribed in AR 670-1 will be enforced. Failure to maintain military appearance will result in elimination from the course.

MEDICATION USE/ALCOHOL OR DRUG ABUSE: **No medication will be taken unless prescribed by a flight surgeon at Fort Rucker.** If you are taken prescription medication, you need to bring it up to the attention of the course NCOIC. **Army Policy on Alcohol/Drug Abuse is outlined in AR 600-85. Alcohol or drug abuse is incompatible with aviation service and military service.**

CLASS LEADER: The senior student in each class is the class leader. Students should attempt to resolve problems with the class leader prior to seeking assistance from the instructors or the NCOIC.

UNIFORM: Duty uniform is BDU's at first, then flight suit for the remainder of the course. Students will bring their Class "A" uniform with all authorized ribbons and rank, the all weather coat with gold insignia, and their BDU cap. Fort Rucker CIF issues flight clothing to students not currently on flight status. Those on flight status must bring flight suits, helmets, helmet bags, gloves, and jacket if attending the January/February class. **All leather boots** are required to be worn with the Army flight suit. Bring a swimsuit (females will only be allowed to wear a one piece swim suit) to wear under the flight suit during drown proofing training.

PACKING LIST: This is a suggested list of items to bring as a minimum:

___ 2 pairs of boots (at least one pair has to be all-leather).

___ 2 sets of BDU's (either summer or winter).

___ Complete class A uniform (include all authorized awards and decorations). Females, bring class A skirt and pants (include appropriate footwear).

___ ID tags and ID card (mandatory).

___ If you are currently on flight status and have flight suits, helmet, helmet bag, gloves and jacket (if attending the January/February course).

___ Swim suit (one piece)/swimming trunks.

___ Army PT uniform, to include reflective belt (yellow) if you have been issued one.

___ Civilian clothes (at your discretion).

___ BDU cap.

___ Black Beret

IDENTIFICATION TAGS: ID tags are required by Army Regulation 95-1 for flight duties.

GLASSES: If you did not score at least 20/20 uncorrected visual acuity on your FDME, then you must wear glasses that correct your vision to 20/20. Contact lenses are not acceptable for flying duty. Any individual wearing glasses will need to bring them. **You will not be fitted for "flight glasses" after you arrive.** If a soldier has had the lasix procedure performed they will need to bring a copy of their local waiver along with them.

GRADUATION: Graduation is on the last day of the course. Do **not** schedule departure airline reservations prior to **1500** on graduation day.

FORWARDING MAILING ADDRESS:

Mail will be distributed daily (after 1330) when received from the hospital mailroom. Mail should be forwarded to:

Name and Rank
USASAM, FMC Class 03-01
301 Andrews Ave.
Fort Rucker, AL 36362-5377

CONCLUSION: The staff and faculty will do everything possible to make your stay comfortable, challenging, and memorable. We look forward to your arrival and to providing you with an exciting educational experience. We are committed to training dedicated and conscientious flight medics for Army aviation units. Your recommendations for any course modifications are welcome, and your active participation in the training is important. Please confirm the receipt of this letter by calling SSG Sean Sharp at DSN 558-7463/7466, or commercial (334) 255-7463/7466 or e-mail at sean.sharp@se.amedd.army.mil. if unable to reach the NCOIC contact the OIC, CPT Kathleen M. Schultz at DSN 558-7372 or commercial at (334) 255-7372 or email at Kathleen.Schultz@se.amedd.army.mil.

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SEAN D. SHARP
SSG, USA
FMC NCOIC